Note: These SNPs are markers of genetic predisposition supported by a limited, yet evolving body of evidence. Due to the many factors that modify their effects on physiology, a positive result does not necessarily mean that any or all of the recommended supplements are needed. Consider additional methods, such as those under Assessment Recommendations below, to determine the need for support.

<table>
<thead>
<tr>
<th>Gene</th>
<th>SNP</th>
<th>Alleles</th>
<th>What it means</th>
<th>Diet &amp; Lifestyle Recommendations</th>
<th>Pure Encapsulations® Products</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADRA2A</td>
<td>rs553668</td>
<td>A/A (+/+), A/G (+/-), G/G (-/-)</td>
<td>The A allele is associated with increased alpha-adrenergic receptor expression, which may affect insulin release by the pancreas.</td>
<td>(+/+), (+/-) or (-/-)</td>
<td>(+/+), (+/-) or (-/-)</td>
</tr>
<tr>
<td>TCF7L2</td>
<td>rs7903146</td>
<td>T/T (+/+), T/C (+/-), C/C (-/-)</td>
<td>The T allele may influence glucose homeostasis.</td>
<td>(+/+), (+/-) or (-/-)</td>
<td>(+/+), (+/-) or (-/-)</td>
</tr>
<tr>
<td>SLC30A8</td>
<td>rs11558471</td>
<td>A/A (+/+), A/G (+/-), G/G (-/-)</td>
<td>The A allele may influence glucose homeostasis. Zinc has been shown to modify this effect.</td>
<td>(+/+), (+/-) or (-/-)</td>
<td>(+/+), (+/-) or (-/-)</td>
</tr>
</tbody>
</table>

Assessment Recommendations*

**ADRA2A**
- **Fasting glucose:** Adults: 3.3-5.5 mmol/L
- **HbA1c:** Adults: 45-60%
- **Serum cortisol:** AM: 125-536 nmol/L, PM: 50-300 nmol/L

**TCF7L2**
- **Fasting glucose:** Adults: 3.3-5.5 mmol/L
- **HbA1c:** Adults: 45-60%
- **Or other related metabolic testing**

**SLC30A8**
- **Alkaline phosphatase** (a marker of zinc status): Men: 40-145 U/L, Women: 35-120 U/L
- **Fasting glucose:** Adults: 3.3-5.5 mmol/L
- **HbA1c:** Adults: 45-60%
- **Or other related metabolic testing**

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*Dr. Morris has been retained as a consultant in advising Pure Encapsulations.

*Reference ranges were obtained from LifeLabs Clinical Laboratories. These ranges apply to adults only.

This information is intended for use by healthcare practitioners, is for informational purposes only, and does not establish a doctor-patient relationship. Please be sure to consult your physician before taking this or any other product. Consult your physician for any health problems. These products may not be right for everyone. Always read and follow the label.

Available for download at PureGenomics.ca

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